

# Collection of Blood and Non-Blood Specimens

## Practice Exam (Sample)

### Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## 1. Start with a Diagnostic Review

**Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.**

## 2. Study in Short, Focused Sessions

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.**

## 3. Learn from the Explanations

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## 4. Track Your Progress

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## 5. Simulate the Real Exam

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## 6. Repeat and Review

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.**

## 7. Use Other Tools

**Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!**

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## **Questions**

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- 1. Which risk is associated with improper blood collection technique?**
  - A. Hematoma formation at the puncture site**
  - B. Increased venipuncture success rate**
  - C. Reduction of pain during the procedure**
  - D. Improved sample quality**
  
- 2. In which scenarios is it acceptable to perform a venipuncture in an arm with an IV line?**
  - A. Whenever necessary without restrictions**
  - B. If the IV is temporarily turned off, and blood is collected distal to the IV site**
  - C. Only if the IV line is completely removed**
  - D. In an emergency situation only**
  
- 3. What should be taken into account regarding the psychological needs of geriatric patients?**
  - A. They have no specific psychological needs**
  - B. They may require special emotional support and understanding**
  - C. They prefer to be treated without family involvement**
  - D. They respond better to strict instructions**
  
- 4. What type of collection device is recommended for blood collection in adults?**
  - A. A lancet device**
  - B. A vacuum collection tube**
  - C. A syringe without a needle**
  - D. A bulb syringe**
  
- 5. What are throat cultures mainly used for?**
  - A. Diagnosing lung infections**
  - B. Strep tests and bacterial cultures**
  - C. Testing for allergies**
  - D. Evaluating gastrointestinal health**

**6. What is a common complication if venipuncture is not performed correctly?**

- A. Infection at the puncture site**
- B. Excessive pain during the procedure**
- C. Inability to find a vein**
- D. Hematoma formation**

**7. What is the recommended procedure for drawing blood from a patient with an IV?**

- A. Draw from the same arm as the IV**
- B. Draw from the opposite arm**
- C. Use a central line instead**
- D. Draw only from IV sites**

**8. In what situation is it appropriate to perform a venipuncture without consent?**

- A. When it is a routine check**
- B. In emergency situations where patient consent cannot be provided**
- C. When the patient is informed verbally**
- D. When the medical staff deems it necessary after an evaluation**

**9. What is the maximum volume of blood generally recommended to be drawn from a patient in a single venipuncture?**

- A. Up to 20% of total blood volume**
- B. No more than 10% of total blood volume, depending on patient size and health**
- C. Up to 5 mL per draw**
- D. As much as the patient can tolerate**

**10. What is the purpose of a butterfly needle?**

- A. To draw blood from larger veins**
- B. To facilitate ease of access in small veins or for use in pediatric patients**
- C. To analyze blood samples**
- D. To collect serum from blood samples**

## **Answers**

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1. A
2. B
3. B
4. B
5. B
6. D
7. B
8. B
9. B
10. B

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## **Explanations**

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**1. Which risk is associated with improper blood collection technique?**

- A. Hematoma formation at the puncture site**
- B. Increased venipuncture success rate**
- C. Reduction of pain during the procedure**
- D. Improved sample quality**

Hematoma formation at the puncture site is a recognized risk associated with improper blood collection technique. When a vein is punctured incorrectly, especially if the needle is inserted at an improper angle or if excessive pressure is applied, blood can leak out of the vessel and accumulate in the surrounding tissue. This accumulation results in a hematoma, which can cause swelling, pain, and bruising. The other choices do not represent risks associated with improper blood collection techniques. For instance, an increased venipuncture success rate suggests a high proficiency in the technique, rather than a risk. Similarly, a reduction of pain during the procedure and improved sample quality imply that the procedure is being performed correctly and skillfully, which is contrary to the concept of improper technique. Thus, hematoma formation reflects a tangible and common consequence of poor practice in blood collection.

**2. In which scenarios is it acceptable to perform a venipuncture in an arm with an IV line?**

- A. Whenever necessary without restrictions**
- B. If the IV is temporarily turned off, and blood is collected distal to the IV site**
- C. Only if the IV line is completely removed**
- D. In an emergency situation only**

Performing a venipuncture in an arm with an IV line can be appropriate under certain conditions, which is why the chosen answer is the best option. When the IV line is temporarily turned off, this helps to prevent contamination of the blood sample with IV fluids or medications that may be running through the line. Collecting the blood sample distal, or further away, from the IV site ensures that the specimen is drawn from a site that is unaffected by the IV administration, thereby enhancing the integrity of the sample for testing. In other scenarios mentioned, performing a venipuncture whenever necessary without restrictions may risk contamination and compromise test results. Waiting until the IV line is completely removed may limit patient care and could delay necessary testing. Lastly, restricting venipuncture to emergency situations alone doesn't acknowledge that it can be done safely in planned scenarios designed to protect specimen integrity when precautions, such as turning off the IV and collecting distal to the site, are taken.

### 3. What should be taken into account regarding the psychological needs of geriatric patients?

- A. They have no specific psychological needs
- B. They may require special emotional support and understanding**
- C. They prefer to be treated without family involvement
- D. They respond better to strict instructions

Geriatric patients often face numerous life changes, including physical decline, loss of loved ones, and shifts in independence, which can significantly impact their psychological well-being. Option B highlights the importance of providing special emotional support and understanding tailored to the unique challenges faced by older adults. This demographic may experience feelings of isolation, depression, or anxiety, making it essential for caregivers to recognize and address these psychological needs respectfully and empathetically. Establishing a supportive atmosphere not only improves their mental health but can also enhance their overall quality of life and engagement in care. The other options do not accurately reflect the complexities of psychological care for geriatric patients, overlooking the nuanced and often vulnerable state that many older individuals are in.

### 4. What type of collection device is recommended for blood collection in adults?

- A. A lancet device
- B. A vacuum collection tube**
- C. A syringe without a needle
- D. A bulb syringe

The recommended collection device for blood collection in adults is the vacuum collection tube. This method is widely used because it allows for efficient and sterile collection of blood samples. The vacuum mechanism creates negative pressure within the tube, which draws the blood directly into the tube when the needle is inserted into the vein. This helps to minimize blood exposure to air and reduces the risk of contamination or hemolysis. Vacuum collection tubes also offer various sizes and types that can facilitate the collection of different volumes of blood, and they can contain specific additives for various laboratory tests, such as anticoagulants or preservatives. This versatility is particularly valuable in clinical settings where multiple tests may need to be performed from a single draw, enhancing both efficiency and patient comfort. The other options are less suitable for blood collection in adults. A lancet device is designed primarily for fingerstick collections, typically used for pediatric patients or for specific tests like glucose monitoring, where only a small volume of blood is needed. A syringe without a needle is not a standard device since a needle is essential for accessing veins to draw blood. Lastly, a bulb syringe is not appropriate for venipuncture; it is primarily used for suctioning fluids in medical procedures, not for drawing blood. Therefore, the vacuum

## 5. What are throat cultures mainly used for?

- A. Diagnosing lung infections
- B. Strep tests and bacterial cultures**
- C. Testing for allergies
- D. Evaluating gastrointestinal health

Throat cultures are primarily utilized for identifying bacterial infections in the throat, with one of the most common reasons being to test for streptococcal bacteria, particularly group A Streptococcus, which causes strep throat. This procedure involves swabbing the throat and culturing the specimen to see if any harmful bacteria grow, which can confirm or rule out infections that may lead to sore throat symptoms. The significance of throat cultures extends to their role in diagnosing other bacterial infections as well, which makes them a critical tool in clinical settings for determining the appropriate treatment. Identifying these pathogens is essential not only for immediate treatment but also for preventing complications associated with untreated bacterial infections. Thus, throat cultures serve a vital purpose in assessing the presence of bacterial pathogens rather than being used for conditions like lung infections, allergies, or gastrointestinal health.

## 6. What is a common complication if venipuncture is not performed correctly?

- A. Infection at the puncture site
- B. Excessive pain during the procedure
- C. Inability to find a vein
- D. Hematoma formation**

Hematoma formation is a common complication of improper venipuncture procedures. This occurs when blood leaks out of the blood vessel and accumulates in the surrounding tissue, resulting in swelling and discoloration at the puncture site. If the needle is inserted too deeply or if it penetrates the vein wall, blood can escape into the subcutaneous tissue. Additionally, if pressure is not applied to the site after the needle is withdrawn, it increases the risk of a hematoma developing. Understanding the mechanics of venipuncture helps in minimizing risks such as hematoma formation. Proper technique, including careful selection of the vein, appropriate angle of needle insertion, and applying pressure afterward to prevent leakage, is crucial in avoiding this complication.

**7. What is the recommended procedure for drawing blood from a patient with an IV?**

- A. Draw from the same arm as the IV**
- B. Draw from the opposite arm**
- C. Use a central line instead**
- D. Draw only from IV sites**

The recommended procedure for drawing blood from a patient with an IV is to draw from the opposite arm. This practice is important because drawing blood from the same arm as the IV can introduce contaminants from the IV fluid into the blood sample, which can skew test results. Additionally, the presence of the IV can make it difficult to obtain a clean sample due to the infusion of fluids or medications, which might affect the composition of the blood being drawn. Choosing to draw from the opposite arm helps ensure that the blood sample reflects the patient's actual blood values without the interference of IV fluids. This method is preferred in clinical practice to maintain the integrity of laboratory results. In cases where an opposite arm is not available, alternative methods, such as utilizing a central line for blood sampling, may be considered, but it's generally best practice to avoid drawing from an arm that has an active IV infusion for routine blood collection.

**8. In what situation is it appropriate to perform a venipuncture without consent?**

- A. When it is a routine check**
- B. In emergency situations where patient consent cannot be provided**
- C. When the patient is informed verbally**
- D. When the medical staff deems it necessary after an evaluation**

Performing a venipuncture without consent is deemed appropriate in emergency situations where the patient is unable to provide consent due to a lack of consciousness, severe medical conditions, or immediate circumstances that require prompt medical intervention. In such scenarios, medical professionals must prioritize the patient's immediate health and safety over procedural consent. The urgency of the situation often necessitates actions that would typically require consent, as delays in treatment could lead to significant harm or worsen the patient's condition. In contrast, routine checks, verbal information, or evaluations without an emergency context do not justify proceeding without consent, as patients generally have the right to be informed and to consent to any medical procedure performed on them. This ensures that patient autonomy is respected and legal and ethical standards are maintained.

**9. What is the maximum volume of blood generally recommended to be drawn from a patient in a single venipuncture?**

- A. Up to 20% of total blood volume**
- B. No more than 10% of total blood volume, depending on patient size and health**
- C. Up to 5 mL per draw**
- D. As much as the patient can tolerate**

The maximum volume of blood generally recommended to be drawn from a patient in a single venipuncture is based on a guideline that takes into consideration patient safety and physiological limits. Drawing no more than 10% of the total blood volume is considered safe because exceeding this amount can put the patient at risk for complications such as hypotension or hypovolemic shock, especially in smaller or more vulnerable individuals. This percentage can also be adjusted based on the patient's overall health status and size, ensuring that the procedure is both safe and effective for each individual. In addition, this guideline is critical for healthcare providers to follow, as it helps to prevent adverse reactions that may result from drawing excessive amounts of blood. This is particularly important in pediatric patients or those with compromised health conditions, where blood volume is already limited. By adhering to the 10% guideline, healthcare professionals can ensure they are acting within safe limits while still obtaining sufficient blood specimens for diagnostic testing.

**10. What is the purpose of a butterfly needle?**

- A. To draw blood from larger veins**
- B. To facilitate ease of access in small veins or for use in pediatric patients**
- C. To analyze blood samples**
- D. To collect serum from blood samples**

The purpose of a butterfly needle is specifically designed to facilitate ease of access in small veins or for use in pediatric patients. This type of needle, also known as a winged infusion set, features flexible "wings" on either side of the hub that allow for better control and positioning during venipuncture. The smaller gauge and precise design make it particularly useful for patients with small or fragile veins, such as infants or those receiving frequent blood draws. Additionally, the butterfly needle minimizes the risk of damaging or collapsing the vein during the procedure, which is critical when working with young patients or individuals with difficult venous access. This specialized approach enhances the ability to draw blood with a lower chance of complications and ensures patient comfort.

# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://collofbloodnonbloodspecimen.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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